



Zika: How can we protect Latino communities in the United States?

December 14, 2016



**U.S. Department of
Health and Human Services**
Centers for Disease
Control and Prevention



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WELCOME



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Agenda

- Why is Zika important?
- Transmission
- Effects
- Diagnosis
- Prevention
- Resources
- Q&A

What is Zika?

- Zika virus is spread to people primarily through the bite of an infected *Aedes* species mosquito (*Ae. aegypti* and *Ae. albopictus*).
- Many people infected with Zika virus won't have symptoms or will only have mild symptoms.
- Zika virus infection during pregnancy can cause microcephaly and other severe brain defects.



Why is it important to talk to Latinos in the United States about Zika?

- Zika in Latin America
- Travel to Latin America
- Transmission in the United States
- Need to protect pregnant women
- Different health information preferences
 - Source
 - Language and culture



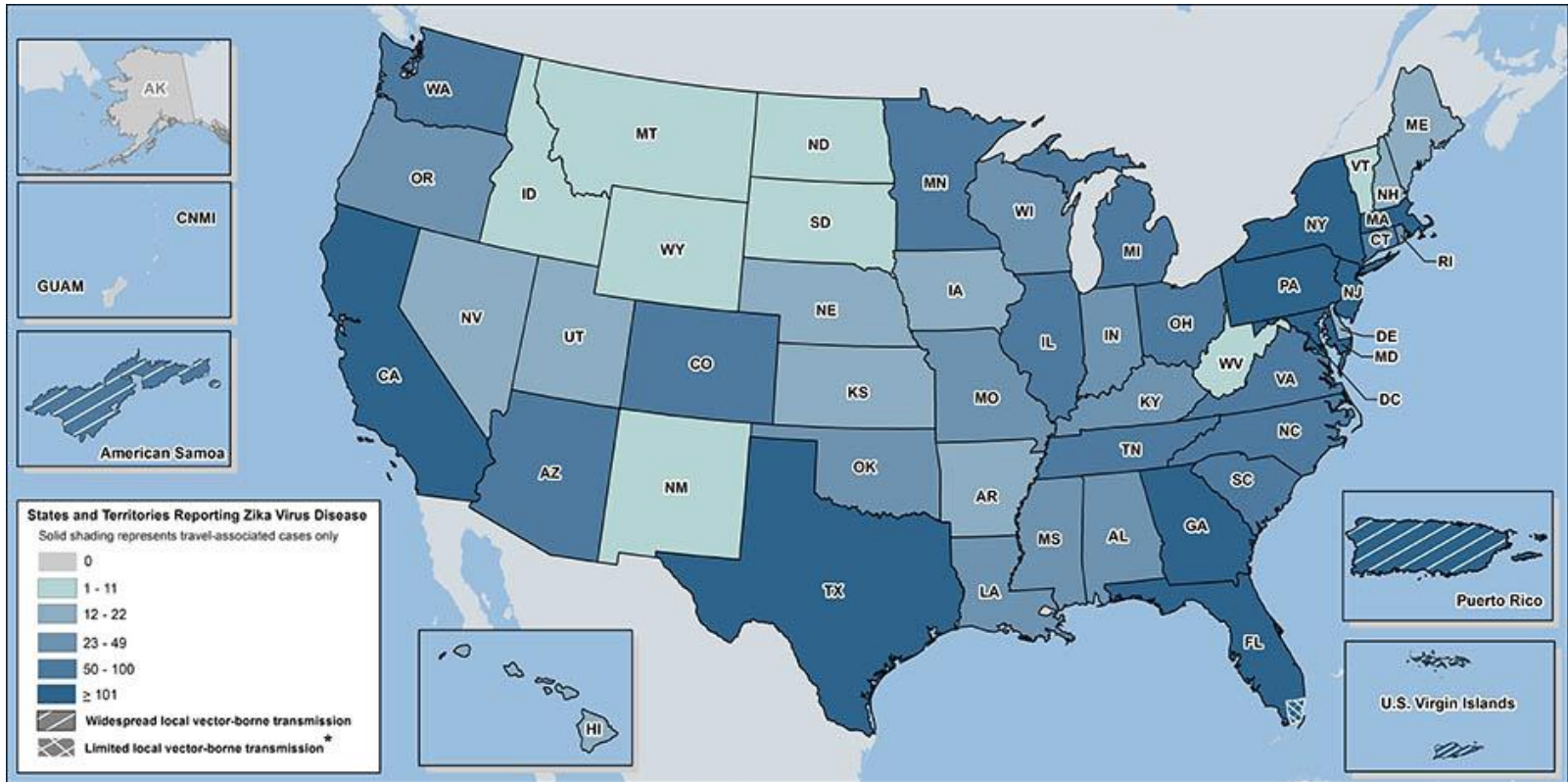
Where is Zika in the Americas?

- Before 2015, Zika outbreaks occurred in Africa, Southeast Asia, and the Pacific Islands.
- Currently outbreaks are occurring in many countries and territories.



Source: <http://www.cdc.gov/zika/geo/active-countries.html>
as of December 13, 2016

Zika cases reported in the United States, 2015-2016

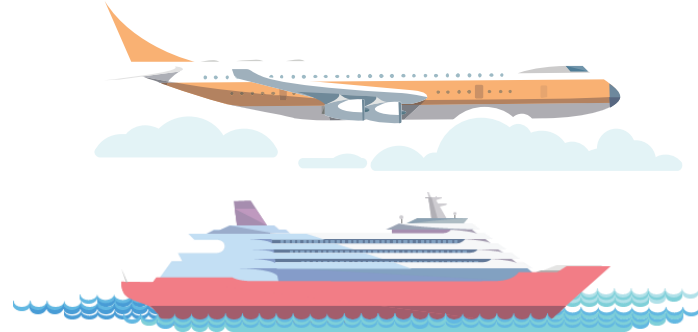


Laboratory-confirmed Zika virus disease cases reported to ArboNET by state or territory (as of December 7, 2016)

<http://www.cdc.gov/zika/intheus/maps-zika-us.html>

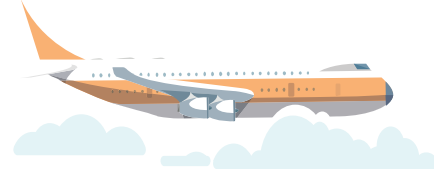
Travel to the United States from Countries with Zika, 2015

Air	34 million
Sea	9 million
Land	173 million
Total	216 million



Diio; Department of Transportation, Bureau of Transportation Statistics;
U.S. Customs and Border Protection

What are some particular Zika risks for Latinos?



- **Frequency of travel and destination to Zika affected areas**
 - Travel to areas in Latin America with Zika
 - Crossing border into Mexico
- **Reason for travel**
 - Visiting friends and family
 - Crossing the border for social, business, study, shopping



Sources: <http://wwwnc.cdc.gov/travel/page/vfr>

<http://wwwnc.cdc.gov/travel/yellowbook/2016/advising-travelers-with-specific-needs/immigrants-returning-home-to-visit-friends-relatives-vfrs>

How might travel to visit friends and family and crossing the border affect Zika risk?

- Destination characteristics
 - Rural areas, no screens or AC
 - May not be aware of new health risks in familiar places
- Different health behaviors than tourists
 - Stay longer and/or going frequently
 - Less likely to visit a doctor before travel
 - Less likely to follow preventive health precautions



How Zika Spreads

How is Zika spread?

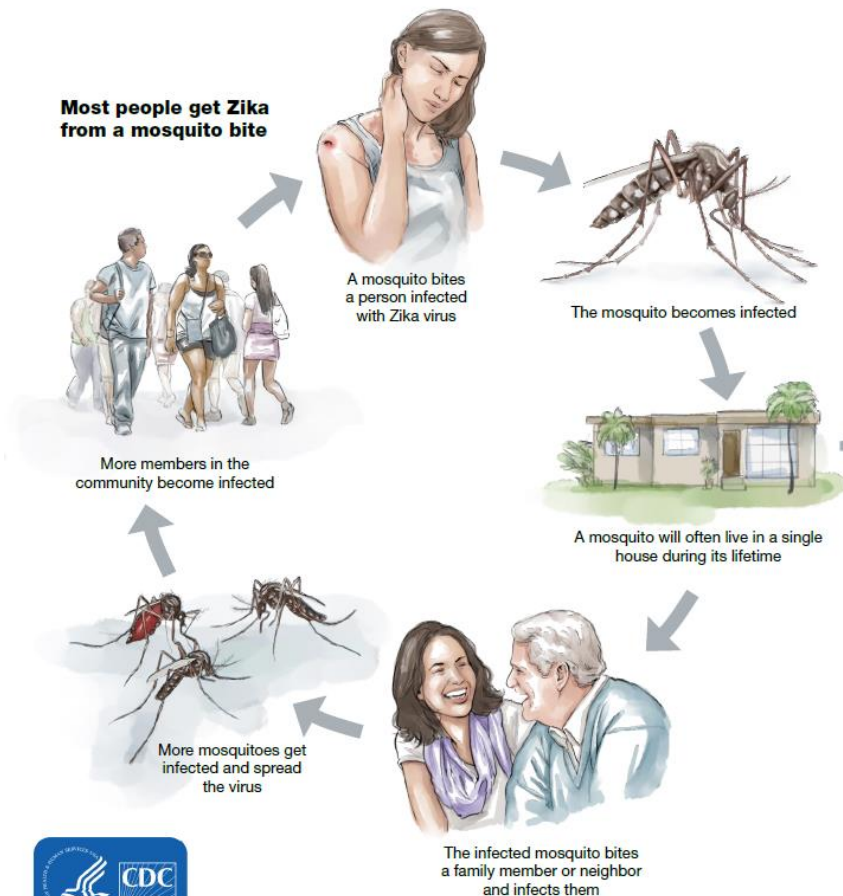
- Mosquito bites
- From a pregnant woman to her fetus
- Sex with an infected person
- Probable: blood transfusion



PROTECT YOUR FAMILY AND COMMUNITY:

HOW ZIKA SPREADS

Most people get Zika from a mosquito bite



Other, less common ways, people get Zika:



During pregnancy

A pregnant woman can pass Zika virus to her fetus during pregnancy. Zika causes microcephaly, a severe birth defect that is a sign of incomplete brain development



Through sex

Zika virus can be passed through sex from a person who has Zika to his or her sex partners



Through blood transfusion

There is a strong possibility that Zika virus can be spread through blood transfusions

Locations of mosquitoes that can spread Zika?



Aedes aegypti



Aedes albopictus



Maps have been updated from a variety of sources. These maps represent CDC's best estimate of the potential range of *Aedes aegypti* and *Aedes albopictus* in the United States. Maps are not meant to represent risk for spread of disease

<http://www.cdc.gov/zika/vector/range.html>

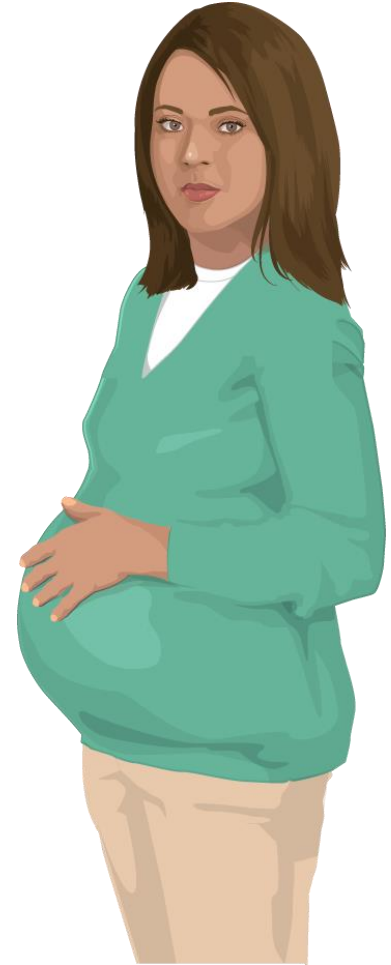
Sexual Transmission

- Zika can be passed through sex, even if the infected person does not have symptoms at the time.
 - It can be passed from a person with Zika before his or her symptoms start, while they have symptoms, and after their symptoms end.
 - The virus may also be passed by a person who has been infected with the virus but never develops symptoms.



From a pregnant woman to her fetus

- Zika virus can pass from a pregnant woman to her fetus during pregnancy or around the time of birth.
- Not known how often this happens.



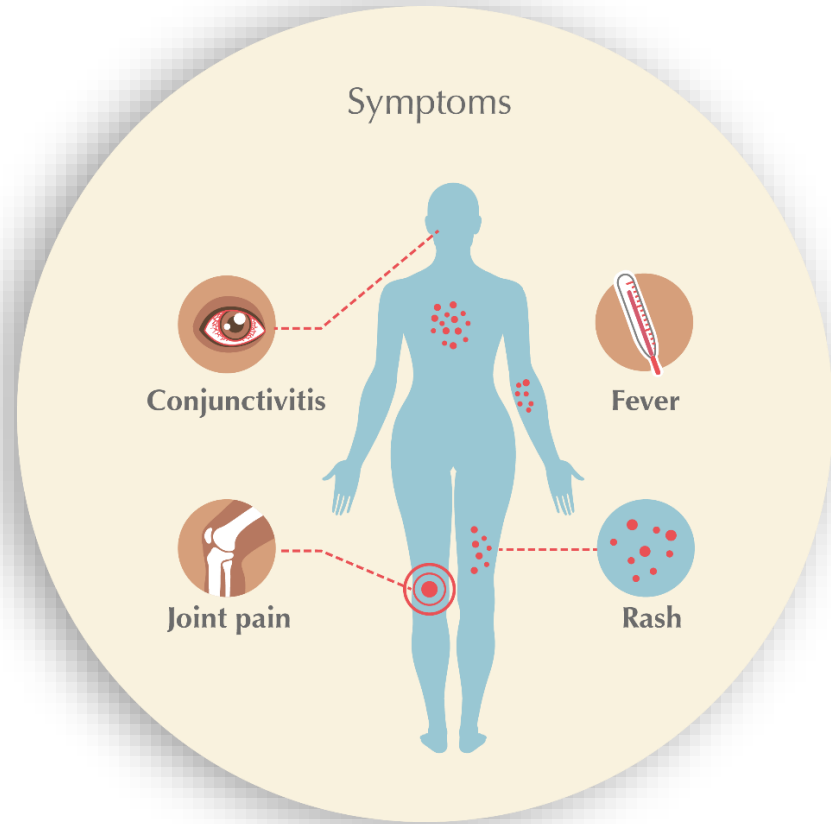
How does Zika virus affect people?

- Many people with Zika will not have symptoms or will only have mild symptoms.
- If there are symptoms, they can last several days to a week.
- Severe disease requiring hospitalization is uncommon.
- Symptoms are similar to other diseases: dengue, chikungunya.



What are the symptoms?

- The most common symptoms of Zika are
 - Fever
 - Rash
 - Joint pain
 - Conjunctivitis (red eyes)
 - Other symptoms include
 - Muscle pain
 - Headache



How does Zika affect pregnancies?

- Zika infection in pregnancy can cause microcephaly and other severe brain defects.
 - Microcephaly: birth defect in which a baby's head is smaller than expected.
 - No evidence that previous infection will affect future pregnancies.



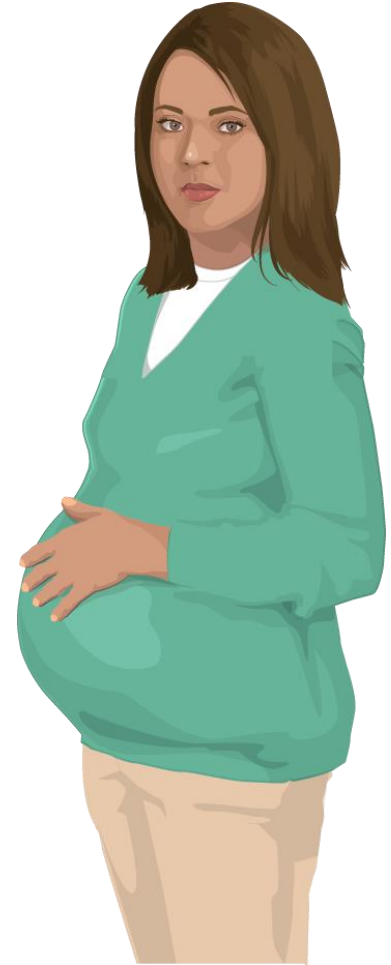
Baby with Typical Head Size

Baby with Microcephaly

Baby with Severe Microcephaly

How does Zika affect fetuses and infants?

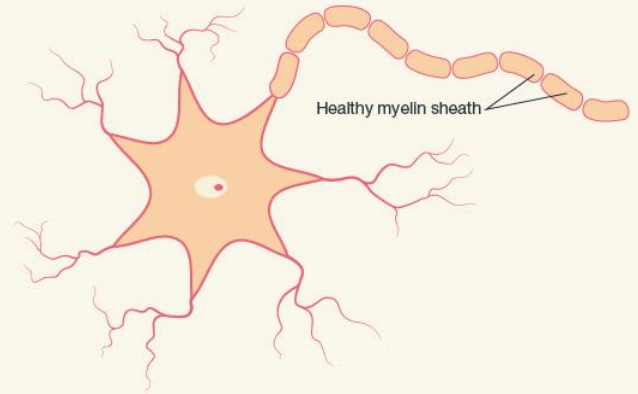
- Infection during pregnancy is linked to other problems, such as miscarriage, stillbirth, and birth defects.
- No reports of infants getting Zika through breastfeeding.



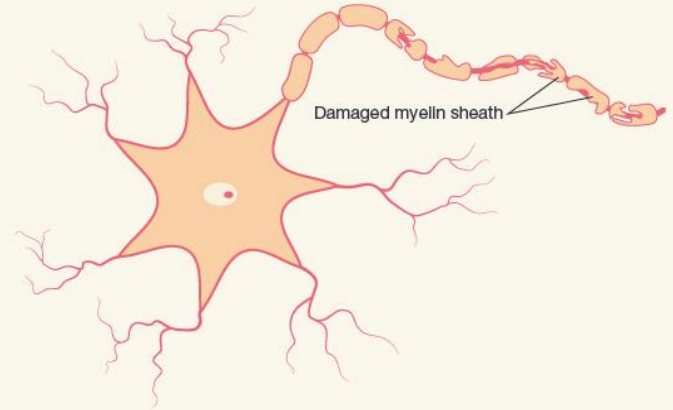
Does Zika cause Guillain-Barré syndrome (GBS)?

- GBS is a rare disorder that affects the nervous system.
- GBS is strongly associated with Zika.
- Only a small proportion of people with recent Zika virus infection get GBS.

Normal Neuron



Neuron with Guillain-Barré Syndrome



How is Zika diagnosed?

- Diagnosis of Zika is based on a person's recent travel history, symptoms, and test results.
- A blood or urine test can confirm a Zika infection.
- A doctor may order tests to look for several types of infections.



How is Zika treated?

- There is no specific medicine or vaccine for Zika virus infection.



**Zika is primarily spread through
mosquito bites.
Protect yourself and your community.**



STEP 1

Keep your home free of mosquitoes

- Use window and door screens. Repair screens to keep mosquitoes outside.
- Once a week, empty and scrub, turn over, cover, or throw out items that hold water inside and outside your home.



STEP 2

Create a barrier between you and mosquitoes

- **Cover up!**
 - Wear long-sleeved shirts and long pants.



STEP 3

Wear insect repellent

- Use Environmental Protection Agency (EPA)-registered insect repellents.
- Use a repellent with DEET, picaridin, IR3535, or oil of lemon eucalyptus or para-menthane-diol, or 2-undecanone.
- Always follow the product label instructions.



STEP 4

Protecting babies and children

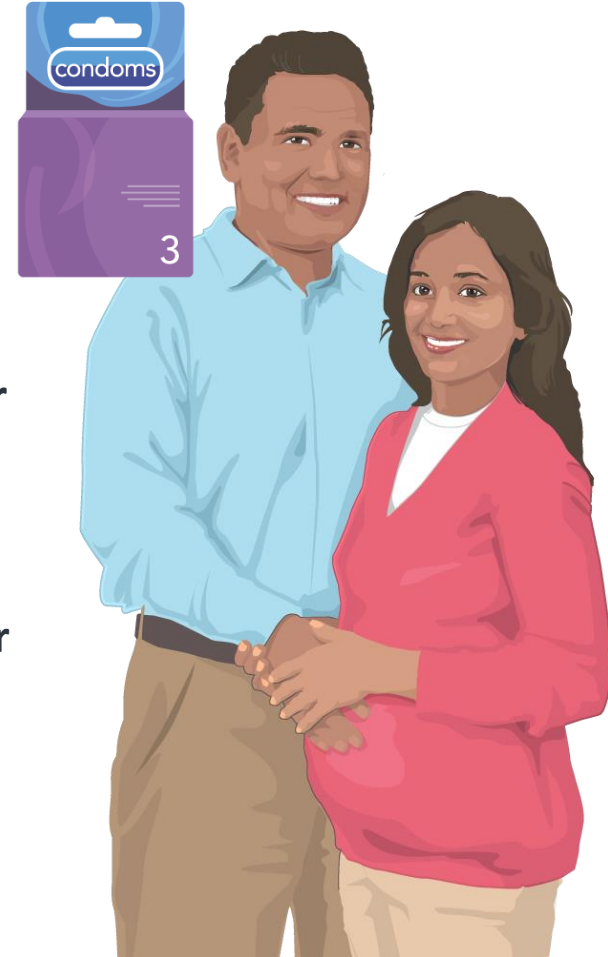
- **For babies and children**
 - Dress children in clothing that covers arms and legs.
 - Cover crib, stroller, and baby carrier with mosquito netting.
 - Do not use insect repellents on babies younger than 2 months old.
 - Do not use products containing oil of lemon eucalyptus or para-menthane-diol on children younger than 3 years old.



STEP 5

Protect your partner

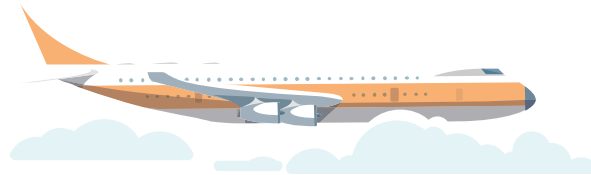
- People with a partner who traveled to an area with Zika can use condoms or not have sex.
 - If the traveler is female: For at least 8 weeks after return, or after start of symptoms or diagnosis
 - If the traveler is male: For at least 6 months after return, or after start of symptoms or diagnosis
- Pregnant couples in which one or both partners live in or traveled to an area with Zika should use condoms every time you have sex or do not have sex during the pregnancy.



STEP 6

Do your homework before traveling

- Learn if there is Zika at your destination.
- If you are pregnant, do not travel to areas with Zika.
 - If you must travel, talk to your doctor before your trip and after you return.
- If you are trying to get pregnant, talk to your doctor before you travel.



Before traveling

Notices and information for travelers

<http://espanol.cdc.gov/es/travel/page/zika-travel-information>



Going to Visit Friends or Family in an Area with Zika?

<http://wwwnc.cdc.gov/travel/page/visit-family-friends-area-with-zika>

Zika Travel Information



Note: The information on this page is for travelers to *international destinations*.
Zika in US states, visit [Areas with Zika](#). For the most current information ab

Traveling soon? Get Zika info on-the-go.

Sign up to receive Zika updates for your destination with CDC's new text

Zika Travel Notices

- [Zika Virus in Cape Verde](#)
- [Zika Virus in Mexico](#)
- **Asia**
Currently includes: [Singapore](#)
- **The Caribbean**
Currently includes: [Anguilla](#); [Antigua and Barbuda](#); [Aruba](#); [The Bahamas](#); [Barbados](#); [Bonaire](#); [British Virgin Islands](#); [Cayman Islands](#); [Cuba](#); [Curaçao](#); [Dominica](#); [Dominican Republic](#); [Grenada](#); [Guadeloupe](#); [Haiti](#); [Jamaica](#); [Martinique](#); [Montserrat](#); [the Commonwealth of Puerto Rico](#), a US territory; [Saba](#); [Saint Barthelemy](#); [Saint Kitts and Nevis](#); [Saint Lucia](#); [Saint Martin](#); [Saint Vincent and the Grenadines](#); [Sint Eustatius](#); [Sint Maarten](#); [Trinidad and Tobago](#); [Turks and Caicos Islands](#); [US Virgin Islands](#)
- **Central America**
Currently includes: [Belize](#); [Costa Rica](#); [El Salvador](#); [Guatemala](#); [Honduras](#); [Nicaragua](#); [Panama](#)
- **The Pacific Islands**
Currently includes: [American Samoa](#); [Fiji](#); [Marshall Islands](#); [Micronesia](#); [New Caledonia](#); [Palau](#); [Papua New Guinea](#); [Samoa](#); [Tonga](#)
- **South America**
Currently includes: [Argentina](#); [Bolivia](#); [Brazil](#); [Colombia](#); [Ecuador](#); [French Guiana](#); [Guyana](#); [Paraguay](#); [Peru](#); [Suriname](#); [Venezuela](#)

- [Zika Virus Health Advisory Infographics](#)
- [Questions and Answers: Zika risk at high elevations](#)

Packing before travel

- Pack enough EPA-registered insect repellent to last entire trip.
 - DEET, picaridin, IR3535, oil of lemon eucalyptus, or paramenthane-diol
- Treat clothes and gear with permethrin*.
- Choose lodging with screens and/or AC if possible.
- Bring mosquito net, if necessary.

Except in Puerto Rico, where mosquitoes are permethrin-resistant



During travel

- Prevent mosquito bites.
 - Cover exposed skin with long-sleeved shirts and long pants.
 - Use EPA-registered repellent during entire trip; follow instructions.
 - Wear permethrin-treated* clothes and gear.
 - Stay and sleep in screened in and air-conditioned places when possible.
- Prevent sexual transmission by using a condom.



* Except in Puerto Rico, where mosquitoes are permethrin-resistant

After Travel

- Prevent mosquito bites for 3 weeks after returning—even if no symptoms.
- If symptoms develop, go to the doctor.
- Protect yourself during sex by using condoms
- Delay pregnancy.
 - Women: 8 weeks
 - Men: 6 months



RESOURCES

<http://espanol.cdc.gov/enes/zika/comm-resources/index.html>

<http://espanol.cdc.gov/enes/zika/comm-resources/index.html>

Ciclo de vida del mosquito

Aedes aegypti

Un huevo demora entre 7 y 10 días en convertirse en un mosquito adulto.

Las crislidas viven en el agua. Demoran entre 2 y 3 días en convertirse en mosquitos adultos con capacidad para volar.

Los mosquitos hembra depositan sus huevos en cualquier receptáculo que contenga agua.

Adulto

Huevos

Crisálida

Larva

Cuando los huevos se encuentran en un entorno acuoso, se produce el proceso de incubación, el cual puede durar desde unos cuantos días hasta meses.

Las larvas viven en el agua. Se convierten en crisálidas en tan solo 5 días.



Centro Nacional para Enfermedades Infecciosas Emergentes y Zoonóticas
División de Enfermedades Transmitidas por Vectores

Educational resources (English):

www.cdc.gov/zika/comm-resources/index.html

Mosquito Bite Prevention (United States)

Not all mosquitoes are the same. Different mosquitoes spread different viruses and bite at different times of the day.

Type of Mosquito	Viruses spread	Biting habits
 <i>Aedes aegypti</i> , <i>Aedes albopictus</i>	Chikungunya, Dengue, Zika	Primarily daytime, but can also bite at night
 <i>Culex</i> species	West Nile	Evening to morning

Protect yourself and your family from mosquito bites

Use insect repellent

Use an Environmental Protection Agency (EPA)-registered insect repellent with one of the following active ingredients. When used as directed, EPA-registered insect repellents are proven safe and effective, even for pregnant and breastfeeding women.

Active ingredient
DEET
Picaridin (known as KBR 3023 and icaridin outside the US)
IR3535
Oil of lemon eucalyptus (OLE) or para-menthane-diol (PMD)
2-undecanone

Higher percentages of active ingredient provide longer protection

Find the insect repellent that's right for you by using EPA's search tool*.

*The EPA's search tool is available at: www.epa.gov/insect-repellents/find-insect-repellent-right-you

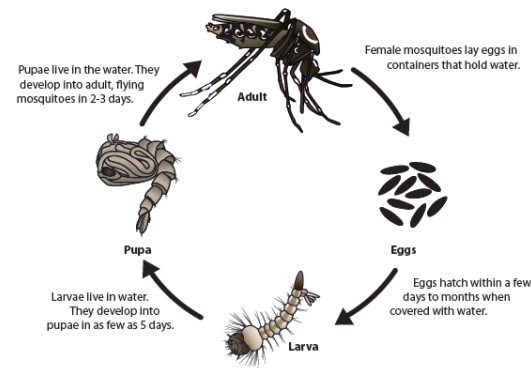
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Centers for Disease Control and Prevention

C328142 October 13, 2016

Mosquito life cycle

Aedes aegypti

It takes about 7-10 days for an egg to develop into an adult mosquito.



Resources in other languages

Pregnant?
Warning: Zika can cause microcephaly and other severe brain defects
There is no vaccine to prevent Zika virus infection



Protect yourself from mosquito bites



Daytime is most dangerous. Mosquitoes that spread chikungunya, dengue, and Zika are aggressive daytime biters. They can also bite at night.



Use insect repellent. It works! Look for the following active ingredients: • DEET • PICARIDIN • IR3535 • OLE, IRALIDIN • ICALAPRIN • PABA-MENTHANE, DOL.



Wear protective clothes. Wear long-sleeved shirts and long pants and use insect repellent. For extra protection, treat clothing with permethrin.



Mosquito-proof your home. Use screens on windows and doors. Use air conditioning when available. Keep mosquitoes from laying eggs near standing water.

For more information:
www.cdc.gov/chikungunya • www.cdc.gov/dengue • www.cdc.gov/zika



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¿Embarazada?
Advertencia: El virus del Zika puede estar asociado a defectos congénitos
No existe una vacuna para prevenir la infección por el virus del Zika



¡Protéjase de las picaduras de mosquitos!



Durante el día es más peligroso. Los mosquitos que propagan el chikungunya, el dengue y el Zika pican agresivamente durante el día y también pueden picar por la noche.



Use repelente de insectos. ¡Funciona! Busque los siguientes ingredientes activos: • DEET • PICARIDIN • IR3535



Utilice ropa que le proteja. Póngase camisas de manga larga y pantalones largos y use repelente de insectos. Para protección adicional, trate la ropa con permethrin.



Mantenga su hogar libre de mosquitos. Use una malla o tela metálica en las puertas y ventanas. Use el aire acondicionado cuando está disponible. Evite el agua acumulada para que los mosquitos no pongan huevos en ella.

Para obtener más información:
www.cdc.gov/chikungunya • <http://www.cdc.gov/dengue> • <http://www.cdc.gov/zika>



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Èske ou ansent?
Atensyon: Zika kapab fè ak tibebe ki fèt malforme
Pa gen okenn vaksin pou anpeche enfeksyon Zika



Pa kite marengwen mòde ou



Li pi danjere pandan lèyann. Marengwen ki anpeche chikungunya, dengu, ak Zika yo mande moun anpil pandan lèyann. Yo kapab mède pandan lèyann tou.



Mete pwoteksyon pou marengwen. Li mache! Chèche marengwen anpil sa yo: • DEET • PICARIDIN • IR3535



Mete rad ki bay pwoteksyon. Mete chemiz manch long ak pantalon pou long espès pwoteksyon pou marengwen. Pou plis pwoteksyon, mete rad ou ak permethrin.



Pa kite marengwen antre lakay ou. Mete twal oswa fènt ak pèt yo, tèt ou. Mete twal oswa fènt ak pèt yo, tèt ou. Mete twal oswa fènt ak pèt yo, tèt ou.

Pou plis enfòmasyon:
www.cdc.gov/chikungunya • www.cdc.gov/dengue • www.cdc.gov/zika



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Resources for children

- Sesame Street

<https://www.youtube.com/watch?v=OA3GnVnPhFY>

- Coloring book

http://espanol.cdc.gov/img/cdc/ES_48977.pdf



Resources for pregnant women

- Clinical guidance for pregnant women living near the US-Mexico border:

<http://www.cdc.gov/zika/hc-providers/pregnant-women/pregnant-living-near-border.html>

Respuesta de los CDC al **zika**

¿ESTÁ EMBARAZADA? LEA ESTO ANTES DE VIAJAR

Lo que sabemos acerca del zika

- Una mujer embarazada puede transmitir el zika a su feto.
- La infección con zika durante el embarazo puede causar ciertos defectos de nacimiento.
- El zika se transmite principalmente a través de la picadura de un mosquito *Aedes aegypti* o *Aedes albopictus* infectado.
 - » Estos mosquitos pican de día y de noche.
- No existe vacuna para prevenir el zika ni medicamentos para tratarlo.
- Una persona con zika puede transmitir el virus por vía sexual a sus parejas sexuales.

Lo que no sabemos sobre el zika

- Si existe un período durante el embarazo en el que es seguro viajar a un área con zika.
- Si viaja y está infectada, la probabilidad de que el virus infecte a su feto y de que su bebé tenga defectos de nacimiento producto de la infección.

Aviso para viajeros

Los CDC han emitido un aviso para viajeros (Nivel 2: Intensifique las precauciones) para las personas que viajan a áreas con propagación del virus del Zika.

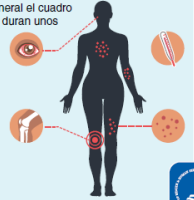
- Para acceder a un listado actual de lugares donde hay brotes de zika, vea los avisos de viaje de los CDC: <http://wwwnc.cdc.gov/travel/page/zika-travel-information>
- Este aviso sigue los informes de Brasil sobre microcefalia en bebés de madres infectadas con el virus del Zika durante el embarazo.


Síntomas del zika

La mayoría de la gente con zika no sabe que se contagió. Por lo general el cuadro es leve, con síntomas que duran unos días a una semana.

Los síntomas más comunes del zika son

- Fiebre
- Sarpullido
- Dolor en las articulaciones
- Ojos enrojecidos





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http://espanol.cdc.gov/enes/zika/index.html



Centros para el Control y la Prevención de Enfermedades
CDC 24/7: Salvamos vidas. Protegemos a la gente™

BUSCAR



ÍNDICE A-Z ▾

El virus del Zika



Idioma: Español

PREGUNTAS SOBRE EL ZIKA



Acerca del virus del Zika

ACERCA DE LA ENFERMEDAD POR EL VIRUS DEL ZIKA

La enfermedad del Zika es causada por el virus del Zika, que se propaga entre las personas principalmente por el contagio a través de los mosquitos *Aedes* infectados...

ÁREAS CON ZIKA

Países y territorios con transmisión activa del virus del Zika...

PARA LOS PROVEEDORES DE SERVICIOS

Lo más destacado

[Lo que debe saber acerca del virus del Zika en relación con la transmisión sexual](#)

Vista general: zika en los Estados Unidos (al 2 de marzo de 2016)

Estados de los EE. UU.

- Casos informados de enfermedad causada por el virus del Zika asociada con viajes: 153
- Casos informados de transmisión causada por vectores a nivel local: 0

Territorios de EE. UU.

- Casos informados asociados con viajes: 1
- Casos informados de contagio a nivel local: 107

Más >

Lo nuevo

- **4 de marzo de 2016:** Los 10 principales consejos para la planificación de la respuesta ante el zika: información breve para funcionarios de salud estatales, tribales y territoriales
- **2 de marzo de 2016:** Arme su propio kit de prevención contra el Zika



Q&A



Allison Walker, PhD, MPH
Senior Epidemiologist
Travelers' Health Branch

Thank you.

Webinar slides and recording available at:

<https://www.cdc.gov/zika/community-partners.html>

CDC'S Response to Zika



For more information, contact CDC
1-800-CDC-INFO (232-4636)
TTY: 1-888-232-6348 www.cdc.gov

The findings and conclusions in this report are those of the authors and do not necessarily represent the official position of the Centers for Disease Control and Prevention.



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